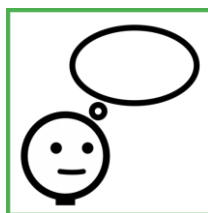


# AUTOESTIMA É a avaliação que uma pessoa faz de si mesma.

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Autoestima é o que pensamos



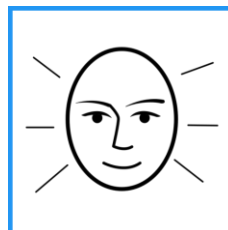
de nós mesmos



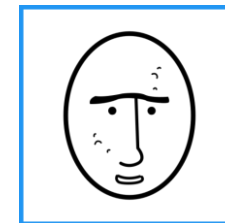
Sou



bonito/ bonita,



, feio/ feia



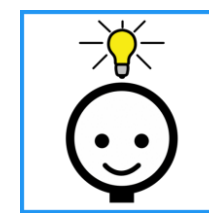
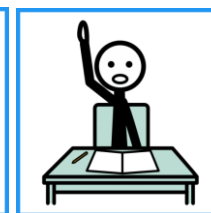
,bom/boa



, mal



,estou pronto/pronta




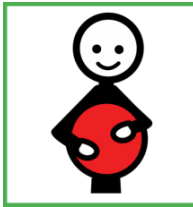


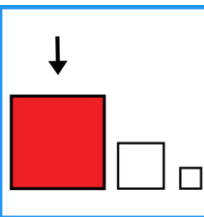
**Autor pictogramas:** Sergio Palao **Procedencia:** ARASAAC (<http://arasaac.org>)

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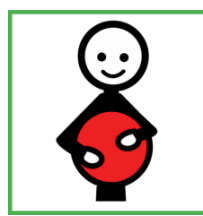
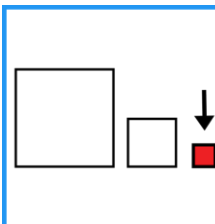
sou    , alegre  ,ou desanimado/desanimada




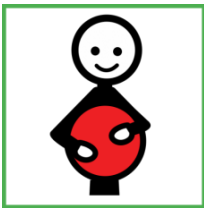

Se penso  Que sou  bonito  tenho 


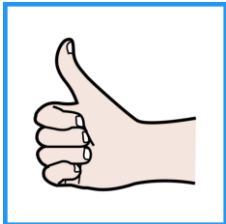

grande  autoestima.


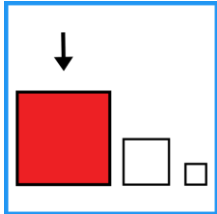

Se penso  Que sou  mal 

tenho  pouca  autoestima.

# IMPORTANTE

Todos e todas  temos  qualidade boas  e bonitas

 . Temos que pensar bem  sobre nós mesmos  ,

ter  grande autoestima  . Nossos  Colegas/amigos

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E os amigos nos dão presentes



e nos dizem palavras



bonitas



de nós



.